

Project Joseph®

An outreach to men suffering from abortion

Healing After Abortion Ministry

Are you suffering from a past
abortion experience?

Don't wait any longer to
experience Christ's Mercy

We Can Help!



2026 Healing Retreat April 11-12

For confidential assistance and information:

765-860-6006 | dlbangs1@gmail.com



Office of Human Life and Dignity, Archdiocese of Indianapolis
and Office of Family Life, Diocese of Lafayette in Indiana

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Symptoms after an abortion for men

Below is a list of symptoms that men may experience after an abortion.

- Excessive anger
- Anxiety
- Panic attacks
- Mood swings
- Low self-esteem
- Feelings of helplessness
- Feelings of powerlessness
- Worrying
- Sadness
- Depression
- Confusion
- Guilt
- Shame
- Fear of failures in work, school, sports, competitions, as father, as husband, as friend, sexual function
- Numbness
- Sense of worthlessness
- Sense of damaged manliness
- Objectifying women
- Suicidal thoughts
- Attention deficit
- Promiscuity/affairs
- Impotence
- Lack of trust
- Insomnia
- Nightmares
- Isolation
- Avoidance
- Risk-taking
- Substance/alcohol abuse
- Addiction
- Violence
- Lack of intimacy
- Pornography
- Irresponsibility
- Drive to succeed
- Work-aholism
- Lack of direction/ goals
- Unable to bond with living children
- Defensiveness on topic of abortion



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